

# FULLY INVOLVED

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**Battalion Chief  
Rick Howard**

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## What do you think about?

What do you think about when you don't have anything to think about? I woke up this morning, early, thinking what I need to do today and the events that happened recently, you remember it involved a road grader and my BC vehicle. While lying in bed looking at the ceiling I asked Susan if she knew what the speed of terminal velocity was. Her reply was probably much like yours, "I don't know" and "why you asking me that?" That is just the question I want to know the answer to. Why I was wondering how fast terminal velocity is (200 mph when balled up and about 125 mph with arms and feet fully extended in case you didn't know) at 0400 hrs. seemed odd to me.

A dictionary explanation of thought is that "thought" generally refers to any intellectual or mental activity. It can refer either to the act of thinking or the resulting ideas or arrangements of ideas. Paracelsus, a famous physician and philosopher of the middle ages from Switzerland said "Thoughts are free and subject to no rule. On them rests the freedom of man, and they tower above the light of nature...create a new heaven, a new firmament, a new source of energy from which new arts flow."

An article I was reading mentioned that "thinking is the highest mental activity present in man." All human achievements and progress are simply the products of thought. The evolution of culture, art, literature, science and technology are all the results of thinking. Thought and action are inseparable - they are actually the two sides of the same coin. All our deliberate action starts from our deliberate thinking. For a man to do something he should first see it in his mind's eye -- he should imagine it, think about it first, before he can do it. All creations-- whether artistic, literal or scientific --first occur in the creator's mind before it is actually given life in the real world.

Some of you may have heard me discuss the state of learning that we put our EMS and fire personnel in by placing emphasis on Rote memorization rather than cognitive understanding. By allowing those we train and mentor to get by with the bare minimum in understanding creates a detriment to our society.

Listed below are some misconceptions about thinking I thought (hmmmmm) were interesting:

Misconception No.1: The present education system develops and enhances thinking and so the more educated you are the better thinker you are.

Fact: Actually, education suppresses free thinking. Creative thinking has almost no place in current education. Moreover, education even destroys creative thinking abilities by its over emphasis on logical thinking and critical thinking which are relatively lower types of human thinking.

Since reasoning, argument, problem solving are given over importance a need to become correct and successful all the time is developed in the student. Again, our present education system is so information oriented that it gives ready-made answers. This kills the student's natural tendency to explore, experiment and to experience. Thus, the highly educated person ends up having lesser ability to think creatively although he/she may have a lot of information at his/her disposal and also have admirable abilities in logical and critical thinking.

Misconception No.2: Less Educated or Uneducated can never become good thinkers.

Fact: Actually, less educated display higher abilities in creative thinking. This is because they do not have an inflated ego that demands 100 percent correct answers or success in all endeavors. Again, they do not have ready-made-answers (i.e., book-answers) and so are forced to explore, experiment and experience things themselves. This empowers them to go through less explored answers and even find original answers.

Misconception No.3: IQ and thinking ability are the same. The more IQ one has, the better thinking ability one has. On the contrary, those who have lower IQ have only low thinking abilities.

Fact: It is true that those who have greater thinking ability, as a rule, have high IQ. But this does not mean that all those who have high IQ are good thinkers. Usually high IQ people use their thinking skills for logical thinking, arguments, critical thinking. They very rarely use creative thinking. Thus high IQ is actually a blockage to creative thinking. It has also been found that those who have average IQ can become better thinkers.

Misconception No.4: Thinking ability, decision making ability and problem solving ability are inherent and there is very little we can do to develop these.

Fact: This is the most terrible misconception regarding thinking. In fact, Dr. Edward de Bono (and also many others) has proved that thinking is a skill that can be enhanced by training and practice. Thus decision making, problem solving and creative thinking can be developed and improved.

One thing that I have noticed that if you present a problem to most in the fire service they are able to creatively solve it. Many new tools and techniques are developed by kitchen table discussions. So think away and come up with the "out of the box" answers that might solve all of the problems the world has and produce world peace.

The Buddhist path has its source in the three types of learning -discipline, concentration and insight. Discipline holds the mind with regulations, concentration illumines the mind with stillness, insight clarifies the mind with wisdom. When the mind is not aroused, this is discipline; when the mind is unmoved this is concentration; when the mind is not obscured, this is insight.

## Current Events of LFD:

A flavor of ice cream has been decided on for our friendly competition at Emmett's and Ethel's with the PD. The flavor will be a peppermint ice cream with peppermint bark pieces and mint cookie pieces, it will be called "Firehouse Crunch". I appreciate everyone who responded to my email regarding what flavor to create, so thank you T for taking an interest.

Emmett's and Ethel's has given us an opportunity to earn some money for the American Lung Association by helping serve ice cream on January 15th from 12:00 to 2:00 and a portion of the proceeds will go to our charity. If anyone can and would like to help, let me know. Our flavor of ice cream, as well as the PD's, will be served for the entire month of January so make sure you take your friends and family down and get a cone or two of Firehouse Crunch!!

So far we only have Captain Curwen and myself signed up for the stair climb in February. There is still plenty of time to sign up so lets make a good showing. If you are interested and are not sure how to sign up give me a call or an email and I can give you the details.



**Engineer Dan Harris**



**Captain  
Ricky Evans**

## Another Year Has Come and Gone

When I was asked to write an article for the newsletter I sat back and asked myself, self what am I going to write about, and then it hit me, to do an article on some of the highlights of the department of 2010.

I think it would be best to start out with this newsletter that was started in April. The articles that are written every month have been very well written (almost as good as the Deseret News) and educational. I think it has been a great asset to keep the employees of the department informed of the goings on in the department.

Also in 2010 the department took possession of a new 4- wheel drive ambulance in March and put it into service at Station 82. We also painted A81 red, so all the front line units are the same color. In December we lost a member of the department that had served us for 10 years to an unfortunate accident. "The Tahoe" made its last call on Dec. 14, 2010 doing what it liked to do serving the citizens of Lehi (also we are glad you are ok BC Howard).

This year also seen some great training in the department. We were able to send 4 people back to FDIC in Indianapolis for some great training. Also Capt. J Beck and Capt. Stanley attended a live burn training and PPV class in California. The department was able to acquire a condemned house to do a full week of live burn training and learn about PPV with over 30 live burns. We also sent 4 of our personnel, Capt. Robinson, Eng. Smith, FF Dorton and FF Casper to 3 weeks of rescue training in SLC. Capt. K Beck certified us in Mayday training and had a great course set up to test our skills. Also in Jan. of 2011 we have 3 people signed up for Paramedic school. I know that there has been a lot of other great training this year and other great classes attended by our personnel, and I could go on and on but for lack of space I will end there.

BC Howard won the Dr. Jerry Martin award from the AF Hospital for outstanding contributions in EMS for the north county. Also Ron Berendson has retired after serving the residents of Lehi for over 30 years. We all would like to thank Ron for the many contributions that he has given to the department throughout his career. We also added 7 new personnel to the roster.

I am sure that there are many ,many more things that I have forgotten, but I think that one of the biggest highlights of this year is that we had no fatality's or serious injuries to report and that "EVERYONE WENT HOME". I know that I am thankful to be part of such a dedicated and professional group of people and have the chance to work with them every day and I believe that 2011 will be as great if not better than 2010. STAY SAFE.

Check out the Flickr website below to see some pictures from our latest calls and events. We will keep it updated so check back often.

<http://www.flickr.com/photos/fullyinvolvednewsletter/>

# Baby it's Cold Outside

Winter is here. Preparing our apparatus and drivers for driving in the snow and ice of winter, will ensure the safety of our crews, and help us arrive at emergencies in a timely and safe manner.

There are three core issues connected with safely operating a fire apparatus in winter weather conditions. They are:

## **Pre-trip Inspections:**

- Make sure your windshield wipers are in good working condition.
- Fill your windshield washer fluid and keep it full.
- Check your tires for proper inflation. Remember cold weather tends to decrease tire pressure.
- Check your Insta-chains and regular tire chains for readiness.
- Keep fuel tanks topped-off.
- Keep the valves and hoses drained to prevent freezing.
- Fire pumps – recirculate water on long scene times.

## **Limited Traction:**

- Slow down!
- Drive smoothly, making no sudden stops or starts.
- Allow extra following distance between you and the vehicle in front of you. Extra space equals extra time to maneuver and avoid other drivers.
- Beware of Black Ice! Be extra careful on and under overpasses, bridges, and shaded areas.
- Pre plan your response routes for the safest route possible.
- Anticipate the worst – Watch for motorists who stop or slow down in front of you.
- Does every incident you respond to, represent a true life threatening emergency? (Think about it!)
- Have your tire chains ready or pre-install on snowy days. Remember chains on the front axle of A-82. (Putting chains on rear axle of A-82 may damage air bags.)
- 4X4 – Don't forget to lock-in front hubs on A-82.

**WARNING:** *Using the transmission retarder on wet or slippery roads may cause loss of traction on the drive wheels. Your apparatus may slide out of control. To help avoid injury or property damage, turn the retarder OFF when driving on wet or slippery roads. The retarder on our Pierce apparatus is automatically disabled whenever the anti-lock brake system (ABS) is active. However in case the ABS malfunctions, it is recommended that the retarder be disabled with any wet slippery surface.*

## **Limited Visibility:**

- Clean your windows on your pre-trip. If you can't see, you can't drive safely.
- Check the defrosters to make sure they are functioning properly.
- Keep an ice scraper handy.
- Check the headlights.

Even on cold, snowy winter nights, our task is to respond quickly and safely to calls.

Being proactive and preparing ourselves and the vehicles for winter weather, is essential in providing timely service to the community.



**Captain Kim Beck**



# Gymcats Gymnastics Pre-Plan



**Engineer**  
**Jeff Smith**

Gymcats gymnastics, which originally began in Bluffdale in 2003, opened at 3300 W. Pilgrims Loop Road in the spring of 2009. The 13,800 square foot business is aimed towards teaching children ages 1 and up basic to advanced gymnastic skills. The Type II/V building is a two story structure constructed with tilt up concrete and wood frame construction on the inside. Metal trusses and metal sheeting construct the flat roof and are open and visible in the gym area only in the inside of the building. Roof access can be made in the C/D corner.

Water supply is adequate with multiple hydrants nearby on the A side/street side of the structure. The post indicator valve and water shut off valve are located also on the A side/street side near the hydrant. Also on the A side/street side of the building, you can find the gas shut valve and the FDC connection. Electrical disconnect can be found on the C side of the structure.

At the entrance way the Knox box can be found, but it is elevated and most likely you will need the A frame ladder to access it. In the entrance lobby there is a stairwell that leads to individual offices and also a viewing area for the gym below. Behind the reception desk you can find the alarm panel. Also in the lobby, there is a preschool gym area that is used for the younger children's classes. There is a separating wall between the entrance lobby and the gym used for the older children. The gym area is designed for gymnastic equipment only and the only fire department appliance in there is the riser, which is located in the A corner. There is a garage door located in the middle on the C side of the building, but is rarely used.

After pre-planning this business, a couple of issues need to be addressed. One is the limited space around the building in the parking areas. Space is tight and there is no outlet road around the business. Another would be the time of day and how people would be in the building. Classes during the week are mainly focused for older children beginning after school hours and going into the evening. There are just a few morning classes for preschool and younger children throughout the week. Weekends is the opposite with classes in the morning ending in the afternoon.

Thanks for all that you do, be safe, and remember "Let our advance worrying become advance thinking and planning"  
- Winston Churchill



# 2011 Association Update

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As the end of the year approaches, I would like to update everybody on the Lehi Fireman's Association. I would also like to take this chance to thank all of our association members for giving me the opportunity to serve as your President. It has been a great experience.

As for the year of 2010, the association had the opportunity to hold a fundraising event at the Lehi Foam Days. We raised approximately 750.00 dollars, we had a great time interacting and serving the citizens of Lehi. Special thanks to Dan Harris for putting in the time and effort to make it happen. Also I would like to thank all of the members that took time out of their day to help participate in the fundraising event. In addition to the fundraising I would like to thank Ryan Kimball and station 81 A - platoon for heading up our party committee this past year. They were able to provide us once again, with some wonderful parties. I would also like to thank Eddie Hales for overseeing our apparel and getting us some nice duffle bag. Again thank you to everyone in the association that helped out in any way this year.

We also kept the tradition of participating with the Sub for Santa program. With a very generous donation from Broadbent and Son, and a contribution from the association we were able to provide six Lehi families a very nice Christmas.

For the year of 2011 we are going to have some new faces in the association. Congratulations to our new Vice President Ryan Kimball and our new three year board member Clark Clifford.

So for the year 2011, the association leadership will be:

**President - Dan Harris**

**Vice President - Ryan Kimball**

**Three year board member - Clark Clifford**

**Two year board Member - Eddie Hales**



**Firefighter Trent Stanley**



**SUB FOR SANTA**





## Firefighter of the Quarter

We are proud to present the name Shad Hatfield for Lehi's Firefighter of the Quarter. In his nomination memo, Captain Ernie Curwen has this to say. "As I have observed Shad over the past months the professionalism he demonstrates is a great example of how fire personnel should act. Whether in the firehouse, on scene and in every day life, representing the Lehi City Fire Department as an outstanding individual and example to his fellow firefighters." Congratulations Shad for a well deserved award.



Firefighter Shad Hatfield

## Birthdays

- \* Eddie Hales  
- January 6th
- \* Brandon Prestwich  
- January 7th



## CALL TOTALS

### Station 81

Medical: 69

Fire: 15

Total: 84

### Station 82

Medical: 66

Fire: 15

Total: 81

## Featured Call

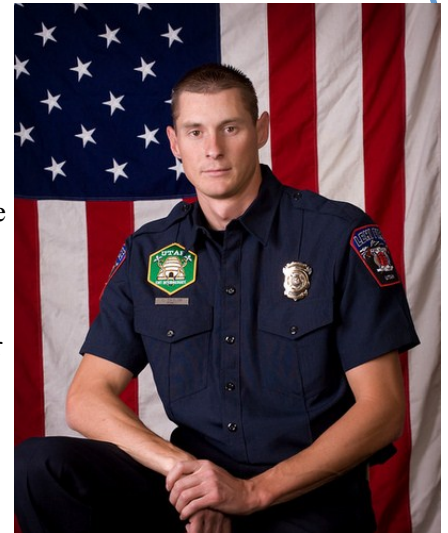
On a bitter cold December evening around 9:30 pm, a call came in to dispatch of a report of a man lying on the freeway. At 2132 hours Tower 82, Ambulance 82, Battalion 81 was dispatched to the freeway. En route to the call dispatch advised Ambulance 82 that there were possibly three patients who were struck by a vehicle while attempting to cross the highway on foot, one patient was “dismembered”. Tower 82 dispatched Engine 81 and Ambulance 81. Ambulance 82 copied transmission advising dispatch to launch the closest helicopter.

Ambulance 82 was first to arrive on scene. Paramedics quickly rushed to patient number one. To their amazement noticed the man to be conscious and breathing bleeding profusely from his face, lying on his side with an obvious deformity to his leg. Firefighter Wilbur an off duty firefighter advised paramedics that there were two more patients and that one patient is deceased.

Tower 82 arrived on scene; Firefighters were directed by Paramedics to assess patient number two. Patient number one was complaining of back pain and stated “my leg is broken” Paramedics continued evaluation of the patient noticing several injuries including a possible skull fracture. Paramedics decided that he should be transported by helicopter. Patient one was loaded onto a back board and taken into ambulance 82. From there he was prepped for helicopter transport. Air Med landed in the middle of the freeway and patient one was loaded into the helicopter where he was flown to University Of Utah in “Critical condition” for treatment.

It was later known that patient one suffered a broken wrist, tib/fib with bumps and bruises. He is expected to recover. Patient two suffered a broken wrist, several lacerations to her face and is expected to recover. Patient three was deceased.

As for the driver she was transported to the hospital for the traumatizing events she encountered that night.



**Firefighter Cory Taylor**

